

# FITNESS: CONSISTENCY IS KEY CHECKLIST

Keep this handy checklist close by. If you need a quick pick-me-up, choose one of the Quick Wins. Ready for a bit of a deep-dive to start some soul changes? Pick from the Deep Deliberating list.

For the first 30 days, check off the actions you use each day to create a lasting habit.

Month:

## Required Actions 😊

- ☐ What's Your Why
- ☐ ☐ ☐ ☐ **Scheduling Makes It Real** - Checkoff weekly

## Quick Wins

- ☐ Raise Your Energy
- ☐ Close the Open-Loops.
- ☐ The Alphabet Game
- ☐ Happy Changes Everything
- ☐ You Are the Action Hero

## Deep Deliberating

- ☐ Discover the Elephant in the Room
- ☐ Declutter like a Queen.
- ☐ Celebrate before you begin
- ☐ Dump the Slump
- ☐ Bonus ~ Your Next Six Months